

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4 10AM Resistance Bands Exercise (Floors) 11AM Bingo (Café) 2PM Music Appreciation - Peggy Lee	5 10AM Chair Exercise (Floors) 11AM Words Within Words – Café 1:45PM Ladies Club (Nail Salon- Pampering) 3PM Documentary - Floors	6 10AM Resistance Bands Exercise (Floors) 11AM Golf and Table Tennis – Garden Room 1:45PM Autumn Scents & Memory Table- Garden Room 3PM Individual Visits	7 Hairdresser & Beautician 10AM Chair Exercise (Floors) 11AM Anglican Church Service (Garden Room) 1:45PM Knit/Coloring - Garden Room 3PM Individual visits/Hand Massage with essential oils Garden Room	8 10:30AM Pet Farm (Café) 1:45PM Scotch College Student Volunteers in Café 3PM Happy Hour - Café	9 10AM Wheelchair Walk/Time Outdoors 11AM Music & Memories Session – Café 1:30PM Craft/ Residents Choice- Garden Room	10 Mother's Day 10:30AM High Tea – Mother's Day 11:30AM Songs of Praise - Café 1:30PM "The Iron Lady" - Movie (floors) /Walks
11 10AM Resistance Bands Exercise (Floors) 11AM Floor Games (Garden Room) 2PM Baking Banana Muffins - Garden Room	12 International Nurses Day 10AM Chair Exercise (Floors) 11AM Guess the Word – Café 1:45PM Ladies Club (Nail Salon- Pampering) 3PM Individual Visits	13 10AM Resistance Bands Exercise (Floors) 11AM Performance with Gary- Café 12:15 Mother's Day Luncheon	14 Hairdresser All Day 10AM Chair Exercise (Floors) 11AM Memory Match & Jenga – Garden Room 1:45PM Flower arranging - Garden Room 3PM Individual Visits	15 10AM Pool Noodles 11AM Choir group - Café/Poetry Club 1:45PM Scotch College Student Volunteers in Café 3PM Happy Hour - Café	16 10AM Floor Games/Beach Ball (Garden Room) 11AM Word Games/ Time in the Garden 1:30PM Individual Visits	17 10AM Wheelchair Walk/Time Outdoors 11:30AM Songs of Praise - Café 1:30PM Table Games /Individual Visits
18 10AM Resistance Bands Exercise (Floors) 11AM Sensory Wall Construction (Garden Room) 2PM Armchair Travel To Kazakhstan	19 10AM Chair Exercise (Floors) 11AM Words Within Words – Café 1:45PM Ladies Club (Nail Salon- Pampering) 3PM Documentary- Floors	20 10AM Resistance Bands Exercise (Floors) 11AM Golf and Table Tennis – Garden Room 1:45PM Water Painting- Garden Room 3PM Individual visits	21 Hairdresser All Day 10AM Chair Exercise (Floors) 11AM Sequence/Dominos – Café 1:45PM Bingo – Café 3PM Individual visits/ Floor Games - Garden room	22 10AM Pool Noodles 11AM Choir Group - Café 1:45PM Scotch College Student Volunteers in Café 3PM Happy Hour - Café	23 10AM Wheelchair walk/Time Outdoors 11AM Trivia - Café 1:30PM Craft/ Residents Choice- Garden Room	24 10:30AM Dominos & Puzzle – Garden Room 11:30AM Songs of Praise - Café 1:30PM "Ammonite" – Movie & popcorn (floors) /Walks
25 10AM Resistance Bands Exercise (Floors) 11AM Performance with Julie Gardner 2PM "Sip and Paint" – Garden Room 3PM Floor Games	26 10AM Chair Exercise (Floors) 11AM Resident & Representative Meeting 1:45PM Ladies Club (Nail Salon- Pampering) 3PM Individual Visits/ Walks	27 10AM Resistance Bands Exercise (Floors) 11AM Walks 13:45PM Ring Toss & Bean Bag Toss 3PM Individual visits	28 Hairdresser All Day 10AM Chair Exercise (Floors) 11AM Table Games – Café 1:45PM Bracelet Making - Garden Room 3PM Classical Music (Garden Room)	29 10AM Wellness with Jen Garden Room 11AM Choir Group – Café /Poetry Club 1:45PM Scotch College Student Volunteers in Café 3PM Happy Hour - Café	30 10AM Floor Games/Basketball (Garden Room) 11AM Finish the Lyrics - Café 1:30PM Individual Visits	31 10AM Wheelchair Walk/Time Outdoors 11:30AM Songs of Praise - Café 1:30PM Table Games /Individual Visits

PLEASE NOTE:

- **Outdoor events/activities are weather permitting**
- **All 10AM activities are held on the floors.**
- Our next Resident and Representative meeting will be held on **30th of June**. We encourage family and representatives to attend.
- If we have an infection outbreak, we will not be able to host the lifestyle program, however the lifestyle team will do daily individual visits.

If you have any feedback regarding the monthly programs, please email lifestyle@thequeenslea.com.au We encourage feedback either via feedback form or email.